

Depression

A stylized illustration featuring a large, dark, textured cloud with a smaller, lighter-colored cloud underneath it. The word "Depression" is written in white across the middle of the clouds. Below the clouds, numerous blue raindrops are falling. At the bottom center, a black silhouette of a person stands with one arm raised to their head, looking up at the rain. A shadow is cast on the ground beneath the person.

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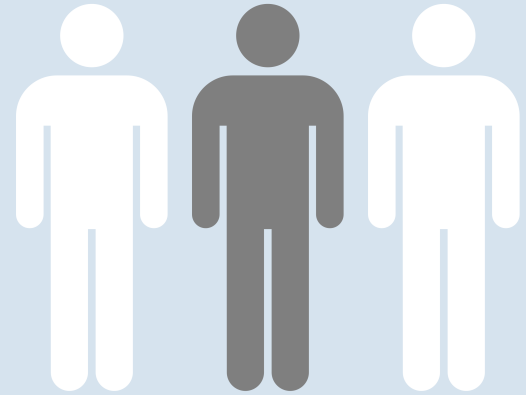
Background of mental illness

Mental illness among college students includes; anxiety, depression, eating disorders, and substance abuse.

Compared to older adults, the 18-24 year old age group shows the lowest rate of help-seeking.

Mental health issue among college students correlate with lower GPA and higher probability of dropping out.

**$\frac{1}{3}$ of college students
had experienced
depression and had
difficulty functioning
because of it.**



Source: American Psychology Association Survey (2013)

Causes of mental illness

More than 89% of college students reported feeling overwhelmed by all they had to do.

Due to social norms students see failure as catastrophic and unacceptable. Student body of most colleges is less resilient to failure.

Abrupt and difficult transition from high school to college. Many college students reported feeling unprepared for college life.

19%

The combination of factors has caused a sharp increase in university counseling centers. According to the bureau of labor statistics, employment of psychologists is projected to grow from 2014 to 2024.

Source: Bureau of Labor Statistics (2015)

Proposal:

Create a free student run program where experienced and inexperienced students can have fun doing physical activity!





Why?

- Exercising has been proven to improve the health, emotional, physical and mental health of people all around us.
- Exercising diminishes the effects of depression, even if it's for a short period of time
- Student run because students tend to open up to other students more.

Source: Mental health and academic success in college

How it works

Step 1

Contact Student Health Services to get help on advertising the program



Step 2

Add the student run program on Mason Mobile to connect students



Step 3

Participant of the Year Award to keep students engaged



Q & A

References

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